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EXPRESS

Vol. 6, Number 5, Wednesday, April 6, 1983

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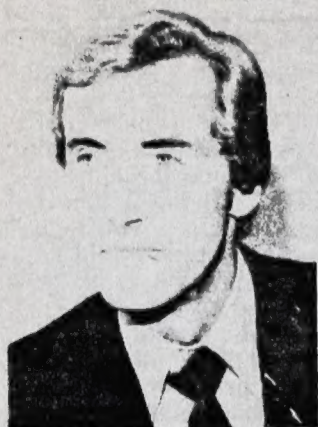
In order to familiarize the public with our legal system, the Law Society of Upper Canada is offering a new service to the public.

By dialing (416) 947-3333, it is possible to obtain general information on legal questions. DIAL-A-LAW as the service is called, does not replace the legal profession, but helps ordinary citizens to realize what their rights and obligations are under the law. There are 60 tapes available. The caller is asked which he is interested in and a specific tape will be played back.

The Law Society hopes to expand the program in the future. At present it is only available in the city, however those of us living outside this area may have to wait for a visit to Toronto or be prepared to pay a king's ransom to "Ma Bell."

The Haliburton County Information Centre is open from 8:30 to 4:30 daily. Phone 457-2733. Drop-ins are always welcome. Remember the centre is a public service. It is free, confidential and non-partisan. Every citizen, young or old, no matter where he or she lives, can and should use its facilities.

Canada Post president reports improved record



R. Michael Warren, president, Canada Post Corporation.

Canada Post Corporation has continued to improve and expand service to the public and business community while operating more as a business and reducing its annual deficit, corporation president R. Michael Warren told the Parliamentary Public Accounts Committee recently.

"The more businesslike the Corporation becomes, the better its capability to serve its broader social mandate," Mr. Warren said.

Mr. Warren said the latest service performance figures show the trend to improved first class mail performance is continuing into 1983. In February, the on-time performance nationally for first class mail was five percent better than last year. Sustained monthly improvement over the previous year shows growing employee pride and that the service decline of the previous decade has begun to reverse, he said.

At the same time, he pointed out, the Corporation has expanded letter carrier delivery to approximately 122,000 additional homes

and businesses, increased the availability of its rapidly growing Priority Post courier service to the general public in 24 cities across Canada, and will introduce EnvoyPost service, a computer-based electronic mail system later this month.

Mr. Warren told the committee the Corporation would cut its \$660 million deficit to at least \$400 million by the end of the fiscal year through a co-ordinated program of cost cutting, rate action, improved productivity and aggressive sales.

"We are working to improve service and to win new customers," Mr. Warren said. "We're also trying to adhere to the financial bottom line with minimal impact on our people."

He said some cost cutting measures and steps to improve service reliability involving less labour input have met with understandable union resistance and caused stress on labour relations.

Nevertheless, he said, there are signs of improving employee relations and a growing commitment on the part of unions to pursue solutions despite a complex and difficult economic environment.

The Corporation has involved unions in every major decision it has taken, Mr. Warren said. The payroll system has been improved and adjudications from before the establishment of the Corporation have been reduced by 75%. A start has also been made on reducing absenteeism and a major joint labour-management effort has been launched to improve safety in the workplace.

Increasing the deficits is to borrow trouble

By W. Roger Worth

People operating the smaller firms that are the real job creators in this recession-plagued economy are quick to emphasize that interest rates play a crucial role in whether they will hire, fire, close down plants or expand. So it's perhaps understandable that the Canadian Federation of Independent Business (which represents 64,000 such entrepreneurs) has been pressing governments at all levels to hold the line on spending.

The reason: high government deficits directly affect the interest rates charged to both small businesses and consumers. And few people can argue that the deficits haven't been high.

Ottawa, for example, spent \$26-billion more than it received during the last 12 months. And the provinces have borrowed at least \$22-billion during the same period, leading some international lenders to question our ability to control spending.

An international credit rating agency, for instance, has already lowered credit ratings on Quebec and Nova Scotia, forcing the two provinces to pay higher interest rates on the money they borrow. In addition, the agency continues to review the other provinces.

Meanwhile, Finance Minister Marc Lalonde is being pushed to increase spending in an upcoming budget, adding about \$5-billion of new money for government make-work projects in an effort to reduce high unemployment. Some groups are also pressing the provinces to follow that lead, creating even more short-term jobs as a "quick fix" for the unemployment problem.

All this new money, of course, would have to be borrowed, and future generations of Canadians would be forced to pay back the interest, as well as the principal.

But the dreamers promoting such make-work projects fail to understand that such borrowing will drive up interest rates, or at least keep them well above those in the United States.

The result: the nation's smaller firms will not expand and create jobs. Instead, the entrepreneurs will be forced to sit tight, or even consolidate their operations, perhaps resulting in further layoffs.

With near-record business failures, this has been a remarkably tough period for the country's smaller firms. They've been threatened with devastating tax policy changes, and are paying massively for increases in unemployment insurance costs.

At the same time, the entrepreneurs have watched profits become losses, even while they were forced to lay off staff.

The fact is, neither Ottawa nor the provinces can afford the billions of borrowed dollars suggested for make-work projects. It's high time they learned to live with that reality.

Coboconk tourist booth opens

A newly constructed building in Coboconk is a tourist information booth that stands at the north-east side of the bridge on the village's main street.

According to past president of the Coboconk and Area Businessmen's Association, Rick Thompson, the booth is sponsored by that association, the Coboconk and District Lions Club and Bexley Township.

Construction of the building was made possible by a works grant from the Ontario government which employed three persons. Total cost of material for the booth was almost \$2,000.

The idea of the tourist booth for Coboconk was to inform visitors of the area facilities and to hand out brochures. The booth will be manned on a full-time basis throughout the summer months.

Lawn Bowling Club receives grant for renovations

A group of retired people from Minden have received a New Horizons grant for \$11,650, Health and Welfare Minister Monique Begin announced recently.

Minden Lawn Bowling Club, will renovate quarters and expand activities including billiards, shuffleboard and other indoor games.

New Horizons is a federal government program that enables retired people to create projects of their own choosing. It offers grants to groups who undertake activities for the benefit of themselves and others in their community. The accent is on local needs as seen by older people and on their willingness to meet such needs.

First-time Ontario hunters soon required to pass hunting licence examination

Ontario is tightening up its hunting licence regulations in an attempt to make the sport even safer. The changes are aimed at educating hunters before they go out into the field.

Under the new regulations, if you live in Ontario, haven't had a resident's hunting licence since January 1, 1968 and want one, you'll have to pass Ontario's hunting licence examination -- even if you have a hunting licence from another province or country.

A resident who has had a hunting licence or a hunter safety certificate issued in any other jurisdiction after January 1, 1968, was born after December 31, 1954, and fails the examination, must complete the Ontario safety training course, if not previously taken, before reapplying.

These amendments to the Ontario hunting regulations -- effective July 1, 1983 -- complement the ministry's hunter education

program which aims to upgrade and improve the knowledge and skills of Ontario's hunters.

"What we're trying to do, of course, is to reduce the number of hunting accidents -- and if statistics are any indication, we're succeeding," Natural Resources Minister Alan Pope said. "In 1961, 36 hunters were killed and 118 were injured as a result of careless hunting -- 20 years later, three were killed and 34 were injured."

The success of the hunter education program -- which began in 1957 -- has been largely due to the dedication of voluntary hunter education instructors who conduct the training courses. Certified by the ministry, the instructors -- many of them members of the Ontario Federation of Anglers and Hunters -- have already trained more than 500,000 prospective hunters.

National Camping Day

April 14, 1983 will be the first 'National Camping Day' in Canada. Sponsored by the Canadian Camping Association, and the nine provincial associations, this event has been initiated to make the average Canadian more aware of the 600 member camps across the country which are attended by 450,000 campers. The Canadian Camping Association is a non-profit, voluntary organization founded in 1936 dedicated to the promotion of camping as an educational, recreational and character-building experience.

The theme this year is Camp Counsellor Acknowledgement Day. C.C.A. camps annually provide summer employment for 25,000 young adults, and attract the volunteer services of 16,500 people.

Anyone who was a camper as a child will remember that special person who helped him get through homesickness, rainy days, fear of new things; who seemed to know so much; who instilled such confidence in even the youngest and most unsure of us. The Canadian Camping Association wants to salute those young people (and not so young people) who were once counsellors, and those who will be in years to come.

On April 14, 1983 campers and camp staff across Canada will be sporting camp T-shirts and insignia. 6,000 posters will be displayed, telling Canadians that 'Camp Counsellors Care' and providing forms to be sent to provincial associations for more information on organized camps.

Towns: Canada's heart, soul and backbone

by: GERALD HODGE

Over the past five years, when I've tried to persuade colleagues that small towns are not dying out, I've often been met with skepticism. This is probably not surprising, since cities and metropolitan areas hold two-thirds of Canada's population and hold much national attention. If any attention was paid to small towns and rural areas, it was usually to write their obituaries.

Meanwhile, back in small towns and villages — the most numerous kind of settlement in Canada — the conventional wisdom about a fast-approaching demise simply wasn't being confirmed. More people called them home at the end of the 1960s than had done so a decade earlier. The same trends continued into the 1970s, complemented by a spate of investment in new housing. Where had the pundits gone wrong?

Villages and towns have always been an important part of the settlement fabric of Canada. From the earliest Newfoundland fishing villages to the Indian encampments in the interior, and the trading posts, grain towns, mine towns and mill towns, small places have provided the foundations for many of our cities. Today, there are about 125 cities and metropolises. But there are more than 9,000 towns and villages and almost a fifth of Canada's population lives in them. The count is nearly 4.5 million.

These simple facts were what first caught my attention and that of my partner in research, Mr. M.A. Qadeer of Queen's University in Kingston, Ontario. They were astounding facts to city-watchers like us, so we undertook a Canada-wide study of towns and villages. By "small town" we meant any town or village below 10,000 population (most of them are below 500 size, we found). Here is a summary:

1. Population growth: The total population of Canada's small towns grew by 443,000 in the

1960s to 3.9 million and in the first half of the 1970s another 300,000 were added. More than half of all towns and villages added to their populations and the small town population in all provinces, except for Saskatchewan and New Brunswick, increased right through the mid-1970s.

2. Housing growth: Towns and villages added to their housing stock by about 150,000 new dwellings in the 1960s and by a further 250,000 in the 1970s. This is an astonishing 25 percent increase in each decade and such an increase has been happening in all the regions of Canada and in all the different sizes of small towns.

3. Social development: Since 1951, the population composition of towns and villages as reported in the census has been showing a distinct convergence with the characteristics of the populations of cities. On measures such as age, educational attainment, employment and mobility, small-towners tend not to be very different from city-dwellers. The main exception is income; town and village residents are not nearly so well off as their urban counterparts.

4. Jobs and commuting: The types of industries small towners work in are similar to that of city-dwellers, although substantially fewer are in professional and managerial occupations. Only 25-30 percent of town and village residents on the average travel to other communities to work; they are more than replaced by others who commute to jobs in the towns and villages.

The data shows that if you take the average small town in Canada you'll find it's growing. Maybe not growing by much; most grew by less than 10 percent and that may mean only 10 or a dozen families over a decade in a place of 400 people. But even places that didn't grow in population (most didn't lose much more than 5 percent) added new houses.

Visit a small town such as Beiseker, on the plains of south-central Alberta, and see the neat subdivision on its western limits. You'll find much the same in Lansdowne in Eastern Ontario, or Montague in Prince Edward Island, or Chase in British Columbia's Interior.

One of the most widely held views is that small-town growth results from the suburbanizing effect of metropolitan centres. Yet when we examined this, it turned out that a third of the towns and villages within the vicinity of a metropolis, say within 30 miles, lost population, while many miles away from large cities fully half the small centres experienced population growth. We do not, as yet, have a good explanation for the growth of more than 3,000 towns and villages well beyond the daily commuting range of a metropolis.

The most likely explanation lies in the much better road systems in the rural areas in all provinces which improve access to large towns and small cities; that is, the places such as Salmon Arm and Swift Current, Stratford and Sydney, which can provide a pretty good range of city goods and services.

One observer of recent small-town growth in the United States attributed a lot of it to the "new three Rs — Resources, Recreation and Retirement." One can find many ready examples in Canada where one or more of these factors is at the heart of small-town revitalization. Fort McMurray, in the Alberta tar sands area, is one of the best known, but one might want to add Merritt, in British Columbia's copper mining area, and Bridgewater and Port Hawkesbury, two Nova Scotia towns where huge plants have located.

Regarding the recreation factor, one need only look to such areas as the east slope of the Rockies in Alberta and the other side of those Rockies, the Kootenay Valley in British Columbia. Towns such as Canmore, at the eastern gate to Banff National Park and Kaslo, on Kootenay Lake, were both thriving mining centres 50 years ago. Now they sprout condominiums for those who ski, enjoy the spectacular surroundings, or want a place to retire.

In all provinces, small communities being affected by the desire of others to share the pleasures of the environment, from Conception Bay in Newfoundland to Campbell River in British Columbia, from Prince Edward County, jutting into Lake Ontario, to Prince Albert park, the ever-green respite to Saskatchewan's plains.

There is no doubt that there has been a spate of new admirers of small-town and country life who have opted for a taste of the real thing. They may be people who continue to have jobs in a city nearby. They may be devotees of communes, who have made the big break with urban life and fortunes. They may be retirees. Or they may be people who continue to work and affect the mainstream of business or cultural life, but not in the city.

Artists come most easily to mind in this regard. But, for sheer perversity, consider two of the least likely places in Canada to find a thriving enterprise aimed at the entire North American market. One is Carbon, Alta. Carbon is home to about 600 people and one multi-million dollar seismic oil exploration company working from Texas to the Arctic. The other is Camden East, Ont., with a population of about 200, and home to Canada's magazine success of the 1970s, Harrowsmith Magazine.

I am still looking for the reasons why so many towns persist in an urban society. Our impression is that most small towns are experiencing the effects of a much reduced flow of population out of rural areas to the cities. But why? The reasons may be as diverse as the number of small towns because each community has its own unique combination of people and setting. Two examples of small-town persistence show that two important ingredients are optimism and an indomitable spirit.

One is the little Ottawa Valley village of Forfar, which fought back when a conglomerate bought and then closed its 120-year-old cheese factory. The community co-operated to reopen it and, today, the cheese factory employs 14 people and ships Forfar Cheese all over the world.

Wanham in Alberta's Peace River country is another town which hasn't rolled over and died. With a population just under 300, Wanham in 1970 saw its lumber yard close and the building sold without warning. This helped trigger the idea of consolidating the energies of the many small clubs and organizations (a common and often perplexing thing about small communities) to bring projects to fruition for the benefit of all.

They formed COCO, the Committee of Co-ordinating Organizations and have had astounding results: a new community hall, ball diamond, tennis courts, artificial ice in the curling rink, and additional booths at the fair grounds. In its first six years, COCO raised more than \$200,000 and was debt-free.

Small-centre persistence has also been possible because of major changes in Canadian society since 1950 which also affected rural life. Better roads, the automobile, the telephone, television and electric power grids all helped transform life in small communities, as did better schools, health insurance and improvements in water supply.

Small towns have showed us that it is possible to become urbanized without becoming urban. Many facets of city life and city processes were, so to speak, miniaturized to fit the small community, just as the transistor became the silicon chip. And, paradoxically, in a world of expensive government palliatives for urban problems, we have achieved the present viable state of towns and villages at virtually no additional costs to society.

NOTICE

Under the Forest Fires Prevention Act,
The period from April 1 to October 31 in each year shall be a fire season.

Fire permits are required in a fire district

- for all outdoor burning except cooking or obtaining warmth.

- to ignite fireworks within 1000 feet of a forest or woodland.

A work permit is required to conduct any operation which is liable to cause an accumulation of slash or debris within 1000 feet of a forest or woodland.

No person shall smoke while walking or working in a forest or a woodland.

Fire permits may be obtained from local Ministry offices or township fire wardens.



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Hon. Alan W. Pope
Minister

W.T. Foster
Deputy Minister

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MINI-FAIR 83 will be holding a Vendor's Meeting on Thursday, **APRIL 14** at 8:00 P.M. in the Minden Municipal Offices.

- We'll be discussing Rent, Booth Sharing, Special Weekends like the County Fair and the Summer Carnival and the first **MINDEN STREET FAIR** sponsored by the **JAMIESON ART GALLERY** on June 10 and 11.

- Applications for Stalls in the **THREE ATTRACTIVE PAVILIONS** available at the meeting.

- Refreshments will be Served

SPEAKING OF MONEY

RRSP's - Plan now to retire in comfort

BY PATRICIA BURNS

You can wait until March 1, 1983 to think about where to place your RRSP funds for 1982 or you can start to think now about some of the options and how much money you will be able to put into whatever plan you choose.

Think about this. If you were able to invest \$3,000 a year tax-free for 30 years at an average rate of return of 10%, your retirement savings would amount to over \$500,000. If you invested the same amount of money for the same period of time but at an average rate of return of 5%, you would save about \$200,000. What a difference a little planning can make!

Here are some thoughts to consider:

How long will you be contributing to a plan before you retire?

How much do you think you will need at retirement in order to supplement other sources of retirement income and assure a comparable lifestyle?

How much will you need to contribute to a plan each year and at what rate of return to reach your expectations?

With that information before you, you can begin to look at the options. There are as many options for retirement saving as there

are for any other type of investment.

You can put your money into a registered savings account, term deposit or a guaranteed investment certificate with a bank or trust company. You can open a retirement plan with an insurance company or you can open a plan with a trust company and set up a portfolio of deposits, stocks or bonds and manage it yourself.

Which among all these meets your specific needs? Rate them according to the following questions.

● Is there a minimum amount required for contributions?

● Within your limit, can you contribute as much or as little as you want?

● Is the interest rate fixed or does the return fluctuate?

● Can you withdraw without penalty? When?

● Can you transfer funds to any other plan of your choice? When?

● Is there an administration fee? How is it applied?

Apply these questions to the retirement plans which interest you most and list the answers under each plan to determine which has the best set of options for your needs.

Patricia Burns is Manager, Consumer Education, Bank of Montreal.



Canada Post, Ontario utility test new electronic billing service



Canada Post letter carrier Ruth Blaney reads meter during her walk, as part of the trial being carried out in co-operation with Markham Hydro.

Canada Post Corporation and the Town of Markham Hydro-Electric Commission are awaiting the results of a trial that could result in the corporation offering a new electronic billing service to Canadian gas and electric utilities, with lower costs to the utilities and their customers.

The trial is taking place in Markham and Thornhill, north of Toronto. As they deliver mail, Canada Post letter carriers are reading hydro meters using portable micro-processors weighing .6 kilograms (1 1/2 lbs.).

The micro-processors are the latest in hand-held technology for utility billing purposes. They are capable of storing information from the meter readings, transferring that information to computers which produce bills quickly for delivery the next day.

Larry Sperling, vice president of planning and corporate development for Canada Post, said the trial marks a major departure in service concepts for the corporation.

"We already have the largest delivery system in Canada" said Mr. Sperling. "What we're proposing is to use that ability to provide a new service for Canadian utilities."

The trial involves Markham Hydro because the utility already uses portable meter reading devices. It was the first Canadian utility to apply sophisticated electronic technology to its data collection and billing system, introducing full service in July, 1982.

Markham Hydro officials estimate the value of the systems in savings and cash flow improvements amounts to \$250,000 annually.

"We welcome this trial" said Bob McGarry, president of the Letter Carriers' Union of Canada. "Our union is highly aware of the need to ensure a healthy future for Canada Post to improve job security of its members. Meter reading may well be something we

can do as an extension of our normal jobs."

On-site preparation of utility bills is specifically not included in the exclusive privilege rights of Canada Post Corporation under the proposed letter definition regulations gazetted February 12, 1983.

"Our entry into this field, if proved feasible," said Mr. Sperling, "will show the commitment Canada Post Corporation has to the mandate given us by Parliament to improve and extend services."

"Anything that lowers the costs to utilities and their customers and gives Canada Post employees an opportunity to further serve Canadians is a benefit to everyone," he said.

Coboconk tourist booth opens

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PARTICIPaction

by Russ Kisby

A famous cartoonist draws inspiration from PARTICIPaction!

You've enjoyed Trevor Hutchings' breezy cartoons in lots of important publications here and in the U.S.A.

Esquire, Saturday Review, Saturday Night, The Financial Post, The Globe Magazine, En Route, Marketing — and many others have reproduced his light, witty work.

Well, soon you'll be seeing 24 brand new Hutchings' cartoons — and we hope you see them in every Canadian magazine and newspaper! Because Trevor Hutchings has drawn the 1983 PARTICIPaction English-language print media Public Service Campaign!

"At first, the slogan for the campaign was simply 'Do It'",

says the soft-spoken graduate of St. John's College, Portsmouth, England, who arrived on these shores in 1952.

"Then it seemed to me that we could make the cartoons a bit more amusing by adding 'Don't Just Think About It — to the line.'"

Naturally, PARTICIPaction hopes Hutchings' cartoons will get you chuckling your way into top physical condition.

For, as Hutchings himself says, in all modesty, "These cartoons would certainly motivate me!"

Russ Kisby is President of PARTICIPaction, the Canadian movement for personal fitness.

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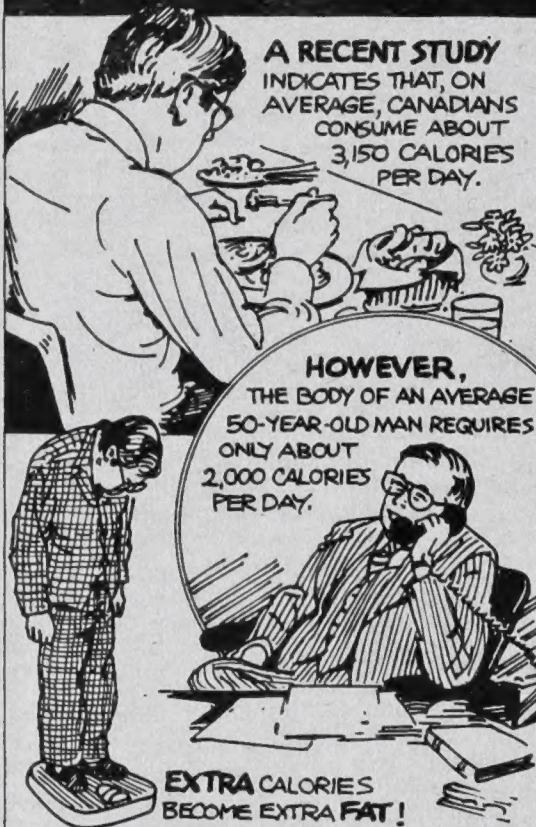
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For your free copy of the first level of the FitFive program, write: FitFive, Queen's Park, Toronto, Ontario M7A 2R9.



SYNDICATION INTERNATIONAL

Six-year-old Andrew Stout of Britain likes to play with trains — so for his birthday, his father arranged to have him take a trip in a locomotive. On past birthdays, Andy has been treated to rides in a jet and a warship.

**Playing
with trains**



PARTICIPaction

by Russ Kisby

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**Bringing Olympic
medicine to you**

If you're into physical fitness, you'll be relieved to know that the scientific community in Canada is keeping its eye on you — kind of.

A number of organizations here have devoted themselves to a relatively new field called "Sports Medicine". Their interests: everything from why certain injuries occur, to the psychology of sport, to the treatment of specific athletic/physical problems.

At the moment, most of their work is directed to Canada's Olympic athletes or those involved in organized league sports.

However, through various symposia at which these doctors and researchers and physiotherapists present their findings to the medical community at large, "Olympic medicine" becomes available to the growing legions of weekend warriors.

The Canadian Association of Sports Sciences (CASS) serves as a focal point for a wide number of physicians, kinesiologists, physical therapists and others interested in the field.

Another organization, the Canadian Academy of Sports Medicine (CASM) consists exclusively of doctors.

In addition, many provincial medical associations have divisions interested specifically in sports.

"Canada woke up to the problem at the 1968 Olympic Games in Mexico City" says Dr. John Horne, Chairman of the Sports Medicine section of the Ontario Medical Association.

"Our national team had only one doctor who had to deal with everything from Montezuma to injury — and it was ludicrously inadequate. We had to smuggle doctors in to help."

The following year, a number of sports-minding physicians founded CASM with the enthusiastic support of John Munro, then minister of Fitness and Amateur Sport.

By the time the 1970 Commonwealth Games rolled around in Edinburgh, Canada's team enjoyed the services of a full complement of doctors, nurses and physiologists.

CASM now conducts a number of research projects whose findings influence sports in Canada. Dr. Dave Hastings set out to determine why kids get hurt playing hockey and what could be done about it. He discovered that the overwhelming majority of hockey injuries result not from body-checking but from the hockey stick. The result: CASM advised league referees to enforce high-sticking and spearing rules to the letter.

Another project sought the best way to protect the eye during sports. If you're a squash player, a light, inexpensive goggle should be a basic part of your game.

CASM also conducts an annual two-day Grey Cup Seminar before the Big Game. This year's topics included specific body parts: the shoulder, the hand, the ankle and so on.

"Canada has a reputation for knees because of our emphasis on skiing," says Dr. Horne, who often travels with our national water-skiing team.

"We've thus been able to do a great deal for knees. Twenty-one members of our national Alpine ski team suffered knee injuries. But after treatment, most of them actually improved performances!"

Well, you might never make it to the World Cup Circuit. But if your doctor attends a CASM seminar, he'll be able to bring you the treatments for those who have — in case you take a tumble on the novice run or fall off your rebounder! Russ Kisby is President of PARTICIPaction, the Canadian movement for personal fitness.

Pitch-In Ontario! Organize For '83 Campaign

"Pitch-In Ontario!" is the theme of Ontario's annual clean-up campaign to be held May 9-15, 1983. The campaign is sponsored by the Ontario Federation of Anglers and Hunters (OFAH) and is endorsed and supported by the Ontario Ministry of Environment.

Once again the Federation, with support from Shell Canada Ltd., will distribute approximately 100,000 garbage bags to assist local groups and schools in their clean-up efforts.

"More than 1276 groups took advantage of the availability of free bags in 1982," comments Rick Morgan, Executive Vice-President of the OFAH. Groups included Federation members, schools at all levels, Scouts and Guides, Cubs and Brownies, town and village councils, and Chambers of Commerce.

Information kits have been sent to thousands of voluntary organizations and local community councils requesting support of the campaign and the OFAH expects an enthusiastic response.

"Pitch-In, Ontario!" is a challenge which the Federation believes many Ontario residents will heed. In 1982, projects included cleaning wilderness areas, parks, and local communities, repairing trails, and assisting handicapped and senior citizens with spring cleaning, gardening and painting.

"It's the voluntary response that makes our campaign such a success," adds Morgan. "It's a chance for everyone to show their support for keeping Ontario beautiful!"



Rain or shine, broken leg or not, this student at St. Francis of Assisi School in Guelph was one of hundreds of thousands of Ontario residents who participated in the 1982 Pitch-In Campaign.

Ontario freelance writer wins Greg Clark Outdoor Writing Award

A big fish story landed Wayne Adair the 1983 Greg Clark Outdoor Editorial Writing Award.

Mr. Adair, a freelance writer-photographer from Pickering, won the award for an article on the need to continue intensive management of muskellunge to protect the species. The article, "Very Special Fish," appeared in the April, 1982 issue of Ontario Out of Doors magazine. The judges praised the writer for the high-quality of his writing and research.

The competition, sponsored by the Ministry of Natural Resources, honors the late Greg Clark, a journalist, story-teller,

soldier, humorist and outdoorsman. It is open to writers throughout Canada who write about natural resources subjects with an Ontario locale.

Mr. Adair, 37, who works full-time in the computer facilities section of The Globe and Mail, writes a regular gun dog column for Ontario Out of Doors.

Wayne Adair's name will be added to the permanent award plaque in the Toronto Press Club. He will be presented with the \$450 award and a replica of the plaque at the Toronto Press Club on Thursday, April 28 during National News Week.

Farm accidents linked to machine breakdowns

Farm accidents often result from malfunctioning equipment, says Larry Swinn, publicity co-ordinator for the Farm Safety Association of Ontario.

Swinn says in the spring rush, many farmers neglect routine machinery maintenance. Failure to keep machinery in good repair can cause costly downtime during peak season and can also cause personal injury.

"When machinery breaks down, farmers try to make up for lost time and become a little careless, operating machinery too quickly or in an unsafe manner."

In today's tight economy preventative maintenance is especially critical, Swinn says.

"Many farmers have postponed purchases of new equipment; to operate older equipment safely, routine repair

work or a complete overhaul is needed."

Swinn urges farmers to fully service machinery and order replacement parts in advance.

"Replacement parts may be scarce this year. Many farm machinery dealers are cutting inventories to cut costs. At the same time, parts are in brisk demand because farmers are operating older equipment."

Swinn says about 20 per cent of all farm accidents occur during the hectic spring planting season. Often these injuries are more serious than at other times of the year because they involve farm machinery. More than 350 farm accidents occurred in spring 1982, he says.

"Safe operation of tractors and farm equipment takes time, but not as much time as it takes to recover from injury or the financial loss of downtime during the growing season."

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Women's Institute plans issue-oriented program

Women's Institute (WI) members across the province are taking a look at some controversial issues this year.

Women's rights, women's use and misuse of drugs and alcohol, and microtechnology's effect on women in the workplace and in the home, are only some of the suggested topics.

These topics, prepared by provincial conveners and executive members, are being sent to branch conveners in a factsheet to help them plan 1983-84 meetings.

Each WI branch can decide which topics or sub-topics it is interested in developing.

Co-ordinating this effort is Joyce Canning, former home

economics supervisor for Ontario Ministry of Agriculture and Food (OMAF).

Canning says her new post as OMAF's co-ordinator of rural women's groups strengthens the ministry's tie with the 80-year-old WI.

"The ministry has always held a close tie with the Women's Institute. But this is the first time the ministry has been involved in developing specific programming."

The objectives of the WI, founded in 1897 by Erland Lee and Adelaide Hoodless, remain unchanged. The WI encourages sound homemaking skills, develops women's

leadership skills, identifies problems and needs in the community, promotes resource material and develops happier, more useful citizens.

Canning says stronger programs, using these suggested topics, reinforces these objectives and may give the WI a united voice on some issues.

The WI is one of the largest women's organizations in Ontario, boasting a membership of more than 26,000. Last year, 1,311 new members joined the group. But Canning hopes stronger programs focusing on key women's issues, will attract many more new members.

Agroclimatology unit formed to aid agricultural industry

To improve the usefulness of climate and weather information for the province's agricultural industry, the Ministry of Agriculture and Food has established a special unit in the plant industry branch to deal with agroclimatology, said Assistant Deputy Minister Dr. J. C. Rennie.

The unit's first assignment is to develop a comprehensive agroclimatology program, an integrated approach to weather and climate information and

the restrictions these place on agriculture. Among the many areas to be studied are the role of climate as it affects production, harvesting, transportation and storage decisions.

"This new initiative involves agricultural aspects of weather forecasting but it goes beyond that to look at the overall impact of climate on farming," Rennie says.

The unit, headed by Brad Schneller, formerly of the ministry's programs secretar-

iat, will also use climate information to assist other sections of the plant industry branch in site selection for crops, integrated pest management programs and land use planning.

Schneller, who holds a bachelor of science degree from the Ontario Agricultural College and a master of science degree from Cornell University, has wide experience in extension, communications and program planning in the ministry.

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Lawn Bowling Club receives grant for renovations

A group of retired people from Minden have received a New Horizons grant for \$11,650, Health and Welfare Minister Monique Begin announced recently.

Minden Lawn Bowling Club, will renovate quarters and expand activities including billiards, shuffleboard and other indoor games.

New Horizons is a federal government program that enables retired people to create projects of their own choosing. It offers grants to groups who undertake activities for the benefit of themselves and others in their community. The accent is on local needs as seen by older people and on their willingness to meet such needs.

"NOTICE"

Tenders are invited for rental of the following road maintenance equipment:

ONE TANDEM or FOUR-WHEEL DRIVE POWER GRADER — minimum 60 H.P.

Job Locations:

Ministry Roads in the Townships of Hindon, Galway, Cavendish and Sherborne.

Interested parties may obtain tenders at the Ministry of Natural Resources District Office at Minden, Ontario.

Closing Date:

12:00 o'clock noon local time April 27, 1983.

Public opening of tenders will be 2 p.m. local time on April 28, 1983 at the Minden District office. Tenders must be submitted on proper tender forms.

Lowest or any tender not necessarily accepted.

Fleet operators required to show proof of Workmen's Compensation prior to commencing operations.

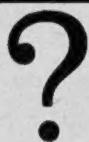


Ministry of
Natural
Resources

Ontario

Hon. Alan W. Pope
Minister

W.T. Foster
Deputy Minister



The Psychic File

BY BEVERLY JANUS

At the stroke of midnight on December 31st, celebrants across the land will blow horns, ring bells and shake their noisemakers. Like their ancestors before them, they continue the ancient rite of noisily 'scaring' away the evils of the old year and clearing the way for the new. Wishes for a 'Happy New Year' and kisses are then exchanged and the parties continue, often 'til dawn.

Very few of these celebrants realize that they are continuing ancient, pagan beliefs and rituals with their New Year celebrations. This is one of mankind's oldest holidays. Celebrated at different times of the year with widely varying customs, the idea of the New Year is common among most peoples. This linear concept of a beginning and end to the year is totally man-made. Our earth circuits the sun in approximately 365 days. Calendars of all major civilizations from the beginning of time have used this astronomical fact as a basis for their yearly calculations. The calendars all pinpoint one day to be celebrated as the New Year's Day. Many superstitions and customs have developed over the centuries.

New Year's resolutions probably began with the Romans who hoped to please the god Janus with their sacrifices and good conduct during the month of January and thus have a lucky year. Gifts were given to relatives and even to the Emperor. Gift giving and visits to family and friends is still a common practice in Latin countries.

The Anglo-Saxons of old celebrated the New Year by drinking Was-sail which means 'to be well', and this is one practice that is lustily

carried on as we toast one another's health at our New Year's celebrations.

Many people fervently believe that the events that surround the first day of the year not only predict but also affect the coming year's events. It is a tradition in many homes that what you do on New Year's day, you will continue to do all year round. Therefore, many families go out of their way to ensure that they have a peaceful and happy holiday.

There is also the superstition regarding the 'first-footer'. To ensure good luck in a home, the first person who enters should be a dark-haired man bearing gifts. This would signify prosperity and well being to everyone in the house. Many of our ancestors tried to ensure their good luck by hiring a 'first-footer' who would appear at the 'correct' time. This way they felt that they would circumvent the misfortune of having a blond or red haired widower enter which was almost a guarantee of an unlucky year.

Many of us continue the traditions of our elders with no conscious thought to the ancient superstitions that surround them. We party because we like to celebrate. We drink to each other's health because we wish our friends and relatives well. New Year's resolutions are made not to appease the god of January but because they are promises to ourselves that this year will be different. Our 'bad' habits of old will be cast aside and a new and better self will emerge triumphant at the close of this new year.

The future lies ahead, full of promise, the past is over and done. We study our wishes and dreams and try through New Year resolutions to turn them into reality. With an almost magical intensity, we make our vows to change. Our ancestors looked to the gods and to luck for their future happiness. We use words like positive thinking, visualization and imagery to shift the responsibility of the future from the superstitious realms to our own wills. If you believe that you will have bad luck, you will. If you believe that the future can only have the best in store for you, then more than likely there will be good things waiting for you just around the bend of time. In the psychic world, there is the knowledge that our thoughts affect our realities.



Help your Heart Fund
Help your Heart

Camp Counsellors Care...

April 14, 1983 is 'Camp Counsellor Acknowledgement Day', the first national camping day sponsored by the Canadian Camping Association and the nine provincial associations (all but P.E.I.).

C.C.A. is a non-profit, voluntary organization with 600 member camps serving approximately 450,000 campers. Member camps provide summer employment for 25,000 young adults, spend over \$20,000,000 annually on food and \$25,000,000 in wages and benefits.

Camps serve all ages, as well as all special population groups. Camping and outdoor education answer our learning needs of doing for ourselves. In some locations in North America, camping is being used for special education and as an alternative to the accepted school system. The extended camping seasons also allows school classes to benefit from in-camp experiences.

Jan James, secretary of the Canadian Camping Association and a professor at the University of Alberta, is doing a dissertation on neurology and learning. She finds that the way information gets to us is via nerves - touch, taste, hearing, seeing. We in camping are in fact leaders in this type of teaching. We have, through our history promoted manipulation, touching, experiencing new things. Outdoor education and camping are successful because they answer our need for information, needing to feel and discover for ourselves.

On April 14, 1983, campers and camp staff across Canada will be sporting camp T-shirts and insignia. 6,000 posters will be displayed, telling Canadians that 'Camp Counsellors Care' and providing forms to be sent in to the provincial associations for more information on organized camps.

MD Patients forced to accept reduced care

Toronto -- In 1982/83, the Muscular Dystrophy Association of Canada drew on reserve monies and spent about \$1 million more than it raised. John Connors, executive director has announced. The over-expenditure was essential to meet rapidly expanding client needs, Mr. Connors said. He anticipates expenses may outstrip donations by as much as one half million dollars in 1983/84.

With the increase in monies required by its service programs, the association has had to implement some restraint-oriented changes in priorities in order to meet the basic needs of the greater number of those disabled by neuromuscular disorders.

The Ontario Assistive Devices program presently funds 75% of the cost of power wheelchairs for people in the province under the age of 19 years. In the past, MDAC automatically absorbed the remainder of this cost. However, henceforth, MDAC can only provide the 25% where there is a clearly demonstrated need for such equipment in accordance with MDAC criteria.

Previously, replacement of batteries for a patient's primary mobility device was provided as requested. While recognizing that battery replacement may be required three to six times a year, effective April 1, 1983, MDAC will only be able to provide battery replacement once in any twelve month period. The association can no longer provide transportation to and from MDAC-sponsored clinics, except where the patient lives further than 121 km./75 miles one way, or is in a support seating system. As well, routine repairs on MDAC equipment (power beds, hoists, chairs, etc.) will only be funded to a maxi-

mum of \$400 in any twelve month period.

Mr. Connors stressed that the basic needs of patients would still be addressed within the interim restraint policies. "Provision has been made for people in financial difficulty. We cannot abandon adult patients, for instance, who are dependent, almost entirely, on MDAC for mobility and other assistive devices and aids. Many survive only on disability pension and welfare income. Children in low income, single parent and welfare or unemployment supported families will also receive special attention."

A key factor affecting funding needs has been the difficulties faced in raising funds during the month of September. Compounding this, has been the phenomenal increase in the costs of patient equipment and services, and the growth of new patient registration (about 20 per week), Mr. Connors added.

The association's president, Dr. Paul B. Hagen of Ottawa, urges Canadians to give generously to MDAC. "Muscular dystrophy is just one of over 40 nerve and muscle disorders administered by the association. Many of these disorders are fatal and there are never fewer than 20,000 Canadians affected by them. We don't yet know the causes and we have no cure. Doctors can do little. Our patients steadily deteriorate and slip away at the rate of 10 or more per month."

Mr. Connors noted that public contributions to the Muscular Dystrophy Association of Canada, spent on patient care and services, provide patients with equipment that is often critical to their independence and will to live. This type of support has seen the average life expectancy of Duchenne patients increase by more than five years.

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- (3) Cut and trim 1 Transformer Station approximately 16 times.

Work to commence on or about May 2, 1983.

Tenders to be submitted by 4:00 pm April 15, 1983. Tendering documents will be available April 8, 1983.

For further information or site inspection, contact:

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FUTURE #1

FUTURE #2

FUTURE #3



JACK is 10 years old. Although he's been paralyzed from the waist down since birth, his bright conversation and fascination with wheelchair basketball tell you a lot about the future he's fighting for.

That future means that Jack is going to have to work hard to fight his disability, and it's a fight he's going to win. Easter Seals helps, but we can only do that with your help. So please, Back a fighter.

JASON is 9 years old. He has only one arm, but he's learning to make the arm that was made for him work very well. Right now he wears out 3 bicycles a year. In his future, he wants to work with his hands, and he tackles everything he does like a true fighter.

Easter Seals helps, but again we can only do it with your help to back a fighter.

CHARMAINE is 9 years old. She's paralyzed from the waist down and has been since birth.

Charmaine has learned to walk with canes, a task she fights for with the spirit of a champion. Ask her what she wants to do when she grows up and she says, "Maybe be a writer."

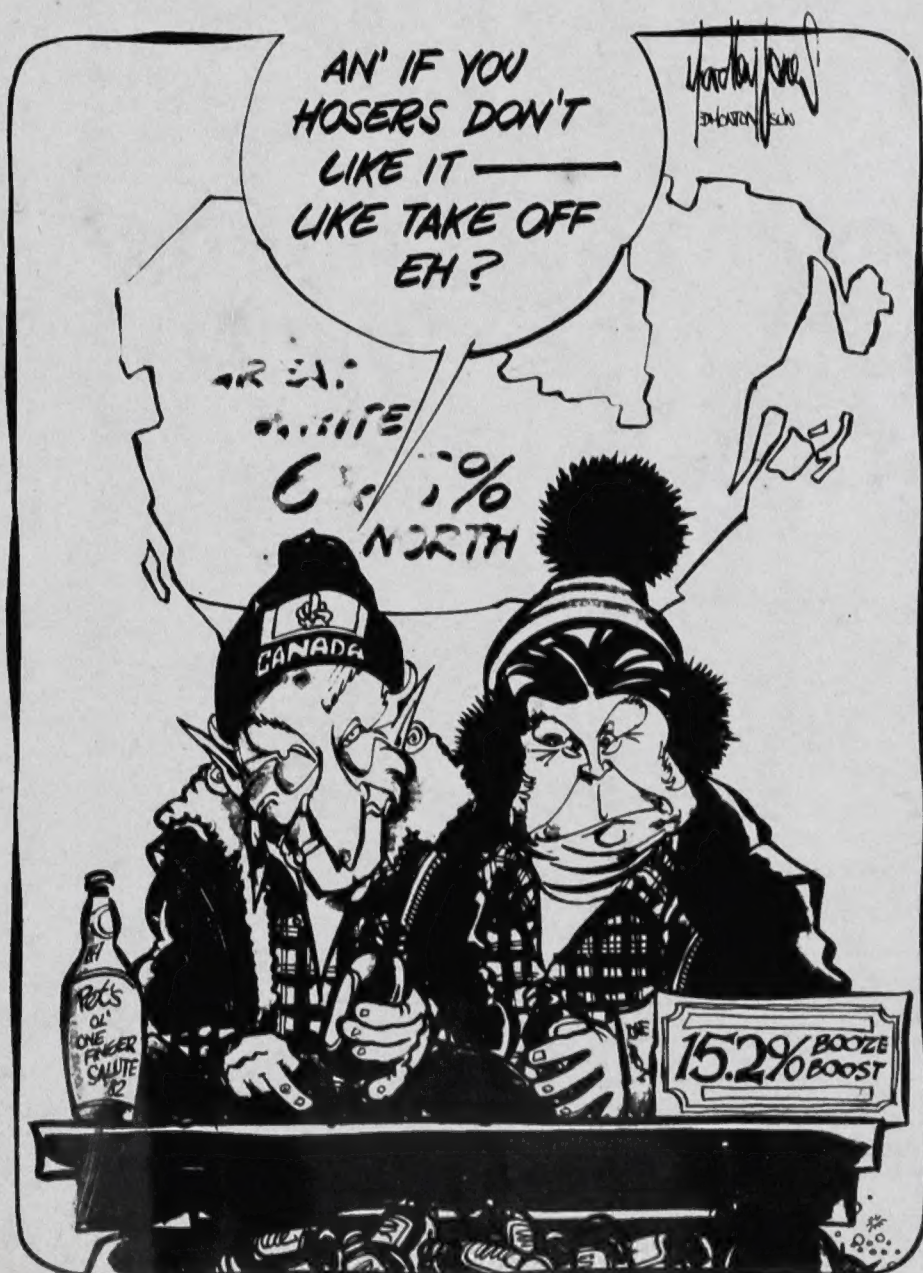
With your help, Easter Seals can help keep up the fight for this bright girl's future.

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Centre's board members named

Fifteen individuals have been named to the board of directors of the Ontario Centre for Farm Machinery and Food Processing Technology in Chatham says Andy Watson, MPP for Chatham-Kent.

The centre, officially opened on Jan. 31, is designed to consolidate in one location expertise, services and information about equipment used in growing and processing agricultural and food commodities.

The appointments, effective Feb. 16, saw Dr. William

Winegard of Georgetown named chairman of the board for a term of three years. The following members have also been appointed for three-year terms: Scott McCann of Thornhill, James Cummings of Chatham, George Jones of Walkerton and Carl Benninger of Chatham.

Appointed for two years were Paul Turner of Blenheim, Donald Ziraldo of Niagara-on-the-Lake, William Frank of Hyde Park, Thomas Smyth of Toronto and Larry Swinn of Hamilton.

Serving one-year terms will be Garfield Parry of Chatham, Charles Munro of Ancaster, Irene Long of London, Mary Wickes of Bobcaygeon and Elliott Hardey of Thamesville.

The four key objectives of the centre are: to promote increased productivity; to develop, adapt and improve farm and food processing machinery for Ontario conditions; to increase exports and decrease imports; and to promote the competitive nature of Ontario industry through increased use of technology.

Workbook eases farm financial planning

A comprehensive financial planning workbook now is available to Ontario farmers.

Designed by a committee of farm business advisors and farm management instructors at agricultural colleges, the workbook is based on the credit planning package used by banks.

With this new workbook, farmers consolidate their business's past performance, determine the business's current status and plan for the future. And once completed, information may be easily transferred to the bank's credit planning package.

"In this way, farmers increase their financial management skills and develop a good working relationship with the banks," says Ralph Winslade, Ontario Ministry of Agriculture and Food (OMAF) farm business advisor.

The workbook is also the manual for short courses at agricultural and community colleges and local OMAF offices. The new 4-H financial management clubs also use the workbook in their program, he says.

In the workbook's first section, an income statement shows the past year's profits and losses. Changes in inventory and accounts payable and receivable are included to determine true net income. Next, all assets and liabilities are tallied on worksheets. This information is transferred to the balance sheet to show net worth.

The second section includes a farm budget and cash flow plan. Winslade says the farm

budget helps farmers project profit or loss in advance. The projected income statement is calculated by using average prices and yields and average weather conditions.

The cash flow plan shows all money coming into the business. Farm and family living expenses, principal payments and capital purchases are deducted. From this, a monthly cash flow plan is devised by dividing the annual income and expenses into monthly portions. The amount of loan and time required for repayment is then calculated from this monthly cash flow plan.

Winslade says the new workbook is an ideal financial planning tool, even for those farmers who have borrowed money but are not experiencing financial difficulties.

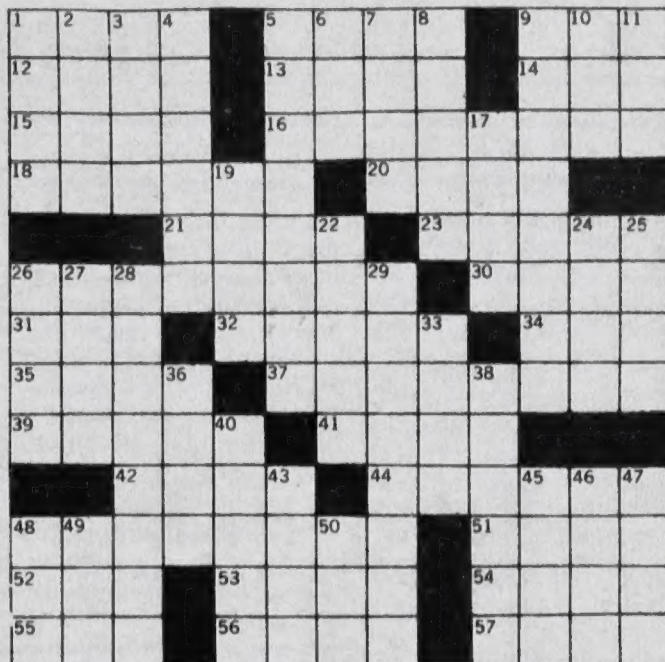


Canadian Crossword

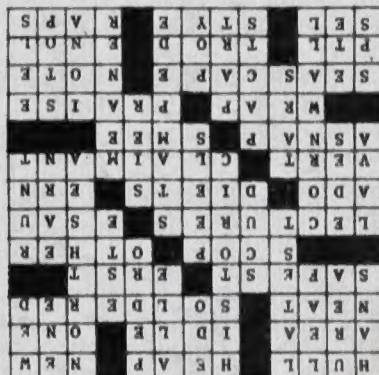
BY MARIAN MORRISON

- Across
1. City in Quebec
 5. Stack
 9.Liskeard, Ont.
 12. Range
 13. Loiter
 14. Unity
 15. Trim
 16. United firmly
 18. Most secure
 20. Former
 21. Poet
 23. Alternative
 26. Discourses
 30. Jacob's twin
 31. Stir
 32. Formal Assemblies
 34. Osprey
 35. Green: Fr.
 37. Pretender
 39. Not not done quickly
 41. Pintail duck
 42. Swaddle
 44. Tribute
 48. Picture
 51. Observe
 52. Praise the Lord abbr.
 53.under foot
 54. Chemical suffix
 55. Salt: Fr.
 56. Small boil
 57. Taps

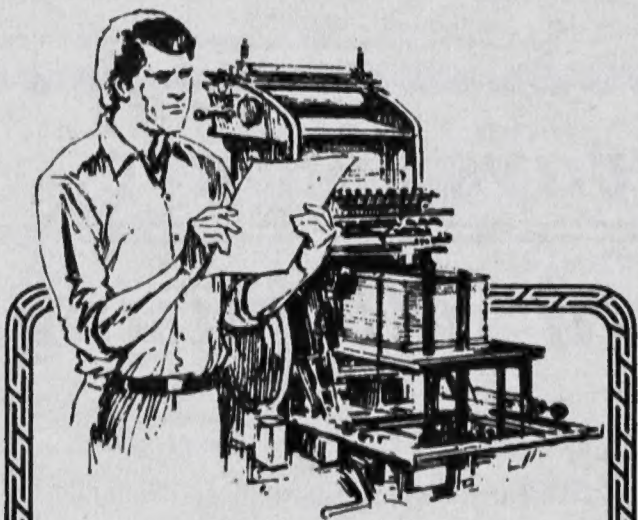
- Down
1. Masc. name
 2. Chem. compound
 3. Maple
 4. Newest
 5. period
 6. Nigerian
 7. AN: Ger.
 8. Boy's name
 9. Oil explor. area
 10. Compass point
 11. Espouse
 17. This: Sp.
 19. Clouds
 22. Pares
 24. Achieve
 25. Stunted plant
 26. Scoria
 27. Dutch communes
 28. City in Ontario
 29. Calgary
 33. Pintado
 36. Sailors
 38. More despicable



40. Agreements
43. Separate
45. Cape Breton community
46. Pause
47. Elvers
48. Specials abbr.
49. Summer in Montreal
50. Boat pole



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